



COUNTY OF SAN DIEGO NEWS RELEASE

FOR IMMEDIATE RELEASE

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FLU SHOTS OFFERED AT LAKESIDE COMMUNITY CENTER HEALTH FAIR: *Annual Free Health Event Scheduled for Wednesday*

With the current flu shot shortage in San Diego County, the Lakeside Community Center's annual health fair event is more important this year than ever.

Over 1,000 flu shots will be available for \$20 each and will be administered on a first come, first served basis by the Mission Valley Medical Clinic to senior citizens ages 65 and older, children 6 to 23 months, pregnant women past their first trimester, persons with chronic illnesses, healthcare workers, and caregivers. (Individuals should bring work identification or medical documentation to validate their qualification to receive a flu shot.) In addition to offering flu shots, the free health fair will feature over 40 information booths, free health screenings, give-a-ways, entertainment, door prizes, and breakfast.

The Lakeside Community Center Health Fair 2004 is scheduled for Wednesday, November 3rd, 2004 from 9 to 11 a.m.

This free event is co-sponsored by various community organizations, such as AARP and Sharp Grossmont Hospital. For additional health fair information, please contact the Lakeside Community Center at (619) 443-9176.

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Established in 1946, the San Diego County Department of Parks and Recreation is dedicated to preserving regionally significant natural and cultural resources and to providing opportunities for high quality parks and recreation experiences for residents and visitors. County Parks and Recreation maintains more than 90 parks covering more than 35,000 acres and are open year round. For more information on County Parks and Parks programs visit www.sdparks.org or call (858) 694-3044.

